

STEPHENS COUNTY HOSPITAL, CAFETERIA MENU

Oct 3rd – Oct 9th

DATE	BREAKFAST	LUNCH	Menu 1
MENU DAY 1 Sat Oct 3	BACON BLUEBERRY MUFFINS SAUSAGE fresh baked SCRAMBLED EGGS GRITS/OATMEAL FRESH FRUIT WHITE/WHEAT TOAST VARIETY COLD CEREAL	OVEN FRIED CHICKEN TENDERS BAKED CHICKEN, LF CARROTS, GLAZED or LF BROCCOLI, LF or w/Cheese MASHED POTATOES RICE, FF w/Gravy CREAM CORN	
MENU DAY 2 Sun Oct 4	BACON VARIETY SCONES SAUSAGE fresh baked SCRAMBLED EGGS SCRM. EGGS w/CHEESE GRITS/OATMEAL FRESH FRUIT WHITE/WHEAT TOAST VARIETY COLD CEREAL	PECAN CRUSTED TILAPIA BBQ PORK on BUN PORK ROAST, LF ROASTED POTATOES BRUNSWICK STEW YELLOW SQUASH, reg. & FF	CHIPS COLE SLAW SPINACH ENGLISH PEAS
MENU DAY 3 Mon Oct 5	BACON CRANORANGE MUFFINS COUNTRY HAM fresh baked SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL FRESH FRUIT WHITE/WHEAT TOAST YOGURT BAR VARIETY COLD CEREAL	BBQ CHICKEN WINGS SPAGHETTI over NOODLES POT ROAST, LF CARROTS, FF or Glazed MASHED POTATOES BROCCOLI, FF or with Cheese Sauce CREAM CORN	GARLIC BREAD BAKED POTATO
MENU DAY 4 Tue Oct 6	BACON BLUEBERRY MUFFINS SAUSAGE fresh baked SCRAMBLED EGGS SCRM. EGGS w/CHEESE HASH BROWNS GRITS/OATMEAL FRESH FRUIT WHITE/WHEAT TOAST YOGURT BAR VARIETY COLD CEREAL	CHILI OVEN FRIED PORK CHOPS GRILLED PORK CHOPS ENGLISH PEAS STEAMED CABBAGE BABY CARROTS MASHED POTATOES	RICE PILAF
MENU DAY 5 Wed Oct 7	BACON APPLE TURNOVERS SAUSAGE fresh baked LINK SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL FRENCH TOAST STICKS YOGURT BAR WHITE/WHEAT TOAST FRESH FRUIT VARIETY COLD CEREAL	SWEET ITALIAN SAUSAGE DOG MEATLOAF LIMA BEANS RED SKIN POTATOES BROCCOLI NORMANDY MASHED POTATOES BOILED OKRA	CORN on COB
MENU DAY 6 Thurs Oct 8	BACON CINNAMON ROLLS COUNTRY HAM fresh baked SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL FRESH FRUIT WHITE/WHEAT TOAST YOGURT BAR VARIETY COLD CEREAL	BBQ CHICKEN QUESADILLAS OVEN FRIED COD BAKED CATFISH BAKED POTATO MASHED POTATOES CARROTS, FF or Glazed	CREAM CORN GREEN BEANS HUSH PUPPIES
MENU DAY 7 Fri Oct 9	LINK SAUSAGE BLUEBERRY MUFFINS BACON fresh baked SAUSAGE SCRAMBLED EGGS BKFT EGG ROLL GRITS/OATMEAL FRESH FRUIT WHITE/WHEAT TOAST YOGURT BAR VARIETY COLD CEREAL	HAMBURGERS GARDEN BURGERS BAKED HAM TURNIP GREENS BAKED SWEET POTATO CAPRI VEGGIES	MASHED POTATOES CORN on COB

LF = LOW or LOWER FAT

MENU SUBJECT TO CHANGE WITHOUT NOTICE